

Post-Op TAD Instructions

You have just received one or more micro-implant(s). Your micro-implant will help you greatly in achieving our treatment objectives. However, micro-implants are delicate and can loosen and fall out. Here are instructions for care:

Home Care

- Be careful with an electric toothbrush (especially Sonicare or any vibrating brush), and do not touch the micro-implant with a vibrating brush head.
- Keep the area of the micro-implant clean by gently using the inter-dental brush that we have provided.
- Use a salt-water rinse before bed.
- Use Chlorhexidine Gluconate spray as directed.

Food

- Hard, crunchy, chewy, and sticky foods can hit or stick to the micro-implant and cause it to loosen. Please be aware of this, and be careful to avoid this problem.

Habits

- There is a possibility that habits like clenching and bruxing can loosen micro-implants. While this may be hard for you to control, we'd like you to be aware.

Activities

- Trauma to the area can loosen the micro-implant. Be aware that sports may involve injury to the face and an increase the risk of loosening the micro-implant.

Discomfort

- Typically you will not need any medication for discomfort. You may take an ibuprofen only if you need it.

Your micro-implant is an invaluable addition to your orthodontic treatment. Please be in charge of taking care of it, as it is an essential part of your specialized treatment.

If you have extreme discomfort or significant bleeding, please call Dr. Cooke at the office or on her cell phone at 415-794-5708.